



DAVIS COUNTY HEALTH DEPARTMENT

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For Immediate Release:
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News Release

Caregiver Educational Classes Offered In Davis County

(Clearfield, Utah) – Davis County Health Department's Family Caregiver Support Program is offering a six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as estate planning essentials, home health vs. hospice, and self care for family caregivers.

The one hour classes will be offered on Tuesdays starting April 8 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or Thursdays starting April 10 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at noon. The class series ends Tuesday, May 13, or Thursday, May 15. A light lunch will be provided at all of the classes but attendees must RSVP by each Monday at noon.

For more information or to RSVP, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Gentiva Hospice, Right At Home, Roe Rx Inc., ElderCare Law Firm, Synergy Homecare, Aspen Ridge Physical Therapy, and Thatcher Brook Home Health and Hospice.

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Caregiver classes scheduled at the Legacy Village, Layton:

| Date | Topic | Presenter |
|-------------------------|---|--|
| Tuesday, April 8, Noon | Health Benefits of Medication Compliance | Hal Roe – Roe Rx Inc. |
| Tuesday, April 15, Noon | Estate Planning Essentials | Eric B. Barnes – ElderCare Law Firm |
| Tuesday, April 22, Noon | A More Flexible You: Physical and Mental Flexibility Tips | Denise Cook – Synergy Homecare, Don Williams – Aspen Ridge Physical Therapy |
| Tuesday, April 29, Noon | Home Health vs. Hospice | Kathy Yarbrough – Gentiva Hospice |
| Tuesday, May 6, Noon | TBA | TBA |
| Tuesday, May 13, Noon | Self Care for Family Caregivers | Michelle Johnson – Thatcher Brook Home Health and Hospice |

Caregiver classes scheduled at the Golden Years Senior Activity Center, Bountiful:

| Date | Topic | Presenter |
|--------------------------|---|--|
| Thursday, April 10, Noon | Health Benefits of Medication Compliance | Hal Roe – Roe Rx Inc. |
| Thursday, April 17, Noon | Estate Planning Essentials | Eric B. Barnes – ElderCare Law Firm |
| Thursday, April 24, Noon | A More Flexible You: Physical and Mental Flexibility Tips | Denise Cook – Synergy Homecare, Don Williams – Aspen Ridge Physical Therapy |
| Thursday, May 1, Noon | Home Health vs. Hospice | Kathy Yarbrough – Gentiva Hospice |
| Thursday, May 8, Noon | TBA | TBA |
| Thursday, May 15, Noon | Self Care for Family Caregivers | Michelle Johnson – Thatcher Brook Home Health and Hospice |

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